

THE ULTIMATE GUIDE

FOR ACHIEVING YOUR GOALS
MINI COURSE WORKBOOK

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Achieving Your Goals: The 14 Proven Steps Workbook

This is a powerful system that contains 14 proven steps. The way to get the most from this framework is to use this workbook to be sure you stay on track and do not miss anything.

I also suggest you watch the video mini-course provided so you get the most from this exercise. This entire framework was created to assist you in your journey to accomplish your goals, no matter what they are.

So, this workbook is a broad stroke that is flexible enough to be adapted to suit your needs. Feel free to scratch out parts you do not need, add stuff where appropriate, and send me a copy of your modified workbooks, so I can add them to the website so that they may help others who have similar needs.

That said, let's get after your goals.

Step One: Your Desire

Here is where you get to get very specific about what you want, I mean what you really want. The thing that when you think about it at night it won't allow you to sleep. The thing that gets your blood pumping when you think about it.

Write it down. Be specific. Make sure it is something you are passionate about:

[illegible]

Step Two: Your Belief

Here is where you must find belief in yourself and your ability to accomplish your goal. It isn't enough to just want it, you must believe that you can do it.

It may feel awkward, but you need to write down in the lines below your goal and subgoals. You need to start every sentence with “I believe I am completely able to...” With each new sentence, break the goal above it into a smaller piece until when you write the sentence, you can truly imagine it as true.

The beauty is when you have accomplished the lowest sub-goal, the one above will not seem so far out of reach any longer. This will happen each time you check off the next sub-goal. take a few minutes to write down your goal, then continually break it into smaller and smaller sub-goals.

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Step Three: Your Why

Here is where you are going to think about all the reasons you want to achieve your goal. I mean each and every single reason, even if it is a small reason. Many small reasons can make a very compelling argument for goal achievement.

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Here is where you are going to honestly assess yourself and where you are starting out right now. Spend a few minutes writing out where you believe you are today. Do not list any past failures or successes. Rather list out your recognized areas of strength and any areas you feel you may be lacking in:

[illegible]

Step Five: Make a Plan

It is a very important step. It will become more real, and it will force any ambiguity about your dreams, hopes, and goals to take shape. There is something powerful about knowing you want something bad enough to write it down. do it now:

Congratulations you are now on your way to seeing a real and measurable change in your ability to win. You are evoking the power of intent. When you live with intention, your actions mean more and success follows.

Here is where you are going to set a deadline for accomplishing your goal. Another great trick is to set smaller deadlines for each of your sub-goals. This will

make staying on track easier and make it far more likely you will hold yourself accountable for your time. Write out your deadlines below:

Step Seven: Your Roadblocks

Here is where you can identify and evaluate your potential roadblocks. This does a couple things, it acknowledges the fact that you are aware that roadblocks are coming. This is a big step, because too often people get excited and think everything is going to go smoothly when they get a new framework for success.

Keep in mind that there are going to be things that get in the way, and get yourself ready to tackle them when they come along. Take a few minutes to jot down the potential roadblocks you think may be headed your way:

Step Eight: Your Knowledge and Skill

Here is where you can admit that you are going to need a bit more training or mentoring. Is there a skill that you must become proficient at before you can move on? Is there some information you need to learn, a technique for doing something? be honest and make a simple checklist you can mark off as you learn each of the things you know you need:

Step Nine: Your Mastermind Group

Here is where you get to make a dream team list of the minds you think could help you accomplish your goal faster, easier, and smoother. It has been said “no man is an island” & “two heads are better than one”

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[illegible][illegible]

Step Eleven: Become Relentless

If you are serious, make a commitment to yourself and use the power of intention to state it below. Write out all the things you will not stop until you have achieved them:

Step Twelve: Your Objectives

Here is where you get clear on your objectives. List out your goal and your sub-goals. If it feels like you have already written them down, that is because you should have. If you decide you are not going to write them down here as well, get

[illegible]

Here is where you should take a moment and write down your highest priority goal. Then close your eyes and use your imagination to describe exactly what it looks like when you arrive at success. You need to be able to clearly write down how you will know when you have actually accomplished your goal. What will it look like, how will you know you finished? Write it down now, be specific:

[illegible]

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and money that it will take for you to become the version of yourself that knows you deserved to win.